

Gemima Fitzgerald

Keynote Session Description

Resilience and Vulnerability - the light and shade of being human

Workshop Details

Building Resilience

This workshop will define resilience and how this can be built. It will explore what it is to be human, as well as how we can learn more about our emotional state in the work we do. Attendees will be supported to discover how they can look after themselves in order to strengthen their resilience.